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**Pre-Measured Drinking Cup**

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Having described my invention. I claim a devise that will limit the amount of fluid that can be drank at one time using this devise.

This devise consists of a baffle plate placed horizontal near the bottom of a cup covering the complete bottom forming a reservoir beneath the plate using the sides and bottom of the cup. The baffle plate has a opening on one side, which will allow the pre-set amount of fluid to enter the reservoir , at the opposite side is a opening that holds a delivery tube placed perpendicular to the baffle plate, extending up to and connecting to the lid. The lid contains a air valve and a connection port for the mouth piece.